Smart Snacks Guidelines

Why are Smart Snacks Important? More than a quarter of kids' daily calories may come from snacks. Kids who have healthy eating patterns are more likely to perform better academically. Kids consume more healthy foods and beverages during the school day. Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program. Not following the requirements may put the school meal program in jeopardy.

Which food and beverages sold at school need to meet the Smart Snacks Standards? Any food and beverage sold to students at schools during the school day (midnight before to 30 minutes after the end of the school day). Examples include a la carte items sold in school stores, snack bars, and vending machines. Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by our State Agency.

Allowable Smart Snack Fund Raisers:

- Groups may only sell foods during the school day that meet the USDA regulations: must be whole grain if grain product, must be a fruit or vegetable or dairy product or protein food, or a combination food of fruit/veggie; must also not be more than 200 calories for snack foods, or 350 calories for entrée, less than 200 mg of sodium for snacks or 480 mg sodium for entrees, no more than 35% total calories from fat, no more than 10% total calories from saturated fat, and zero trans fat and no more than 35% of weight from total sugars. Beverages are also limited to water, lowfat or skim milk, and 100% fruit or vegetable juices . Please call Child Nutrition (918-357-6069) if you have any questions on whether certain foods meet these requirements or go to the Healthier Generation Smart Snack Calculator: https://foodplanner.healthiergeneration.org/calculator/ .
- Must fill out Application for Food Sales Fundraiser and send to Accounting. Must maintain a file of the food labels with nutrients, keep invoices of purchases for any audits from State Department, the school organization, class, activity or class benefiting, and the date(s) of the fundraiser.

Exemptions to Smart Snack Fund Raisers: Selling foods that don't meet USDA regulations.

- These foods cannot be sold during any meal times, including lunch, breakfast, and snack or supper meals provided by Child Nutrition. Must fill out the Application for Food Sales Fundraiser and obtain approval by Principal or building representative for Smart Snack Fundraisers. Each school is limited to 30 exemptions per semester. No restrictions if food is sold 30 minutes after school ends.

Union Public Schools

USDA SMART SNACKS IN SCHOOLS

This form must be attached to each REQ submitted for food to be purchased for students

(excluding food items for instructional use)

In compliance with the Healthy Hunger-Free Kids Act of 2010, the USDA has issued nutrition standards for all foods and beverages sold to students in school during the school day, including foods sold through school fundraisers, effective July 1, 2014.

SUPPLIER / VENDOR NAME:		**Req#**	

Check the appropriate box(es) :

☐ **Food being purchased shall be offered to students as incentive (NOT for purchase)**

(If this box is checked, stop and sign below.)

**** OR ****

☐ **Food being purchased shall be SOLD to students…**

EITHER ☐ **… after school** *(If this box is checked, stop and sign below.)*

OR ☐ **… during the school day*** *(If this box is checked, sign below and forward to Child Nutrition Dept for approval.)*

*School day is defined as the period from midnight before to 30 minutes after the end of the official school day.

Submitted by: _____ Date: _____

FOR CHILD NUTRITION USE ONLY

Approved by: **Date:**

No blanket PO will be issued for food/beverage purchases to be sold to students during the school day. If approved, these requisitions will be one-time purchases and specific food/beverage items to be sold to students must be listed on the REQ. If requested, you may be asked to provide the nutrition content data for any items being requisitioned in order to confirm compliance with nutrition standards.

More information may be found at https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks

WELLNESS 5007

Union Public Schools recognizes the relationship between academic achievement and student health and wellness. Union Public Schools is committed to providing a school environment that encourages nutritious eating habits, wellness, and appropriate physical activity as a means of promoting academic success, engaging students, and encouraging lifelong health.

HEALTH AND NUTRITION EDUCATION

The aim of Union Public Schools' pre-kindergarten through twelfth grade health and wellness education is to empower students to develop healthy behaviors, skills, and attitudes by providing a variety of fitness and health awareness opportunities, while establishing school and community partnerships that encourage healthy lifelong choices. The health and wellness educational environment will include the following components: Health Education; Physical Education; Health Services; Nutrition Services; Counseling, Psychological, and Social Services; Healthy and Safe School Environment; Health Promotion for Staff; and Family and Community Involvement.

SCHOOL PRACTICES

Nutrition education occurs in the classroom, as well as in the larger school community. The district utilizes multiple channels (e.g., classroom, cafeteria, and parental communication) to promote healthy nutritional and physical behaviors. In support of the aim of the Union Public Schools' wellness curriculum, the following guidelines, or recommendations, will be considered by the district:

- Allow students adequate time to consume meals;
- Utilize district personnel to provide training and support to staff to meet nutrition standards for preparing healthy meals, engaging staff in wellness activities, creating partnerships in providing excellent food to our students; and utilizing smarter lunch room tools and strategies to increase intake of healthy food choices, decrease waste, and improve participation. All school nutrition program managers, staff, and directors will meet or exceed hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals;
- District employees, students, or sanctioned school organizations will be required to adhere to district guidelines for fundraisers and encouraged to offer health-promoting activities such as non-food items, physical activity/ related options, or healthy food and beverage options which follow USDA Nutrition Standards (see Regulation-Nutritional Guidelines, Nutrition Standards for All Foods Sold in Schools), unless exempted under state guidelines. Any fundraiser which does not meet the Smart Snack rules can only be conducted if the following criteria are met:
    - Each school site shall designate a Smart Snacks in School Exempt Fundraiser contact person who shall be responsible for maintaining up-to-date documentation regarding each exempt fundraiser held at the school site;
    - A limit of thirty (30) exempt fundraisers per semester may be held at each school site. (Vending machines, snack shops, and student stores are all considered fundraisers;
    - Exempt fundraisers are prohibited from taking place while meals are being served to students under the NSLP (National School Lunch Program) or the SBP (School Breakfast Program) and while after-school snacks are being served to students under ASSP (After-School Snack Program);
    - The maximum duration of any individual exempt fundraiser shall be fourteen (14) days;
    - For each individual exempt fundraiser, documentation must be kept on file at the school site showing (1) the school organization, activity, class, or other group that benefits from the fundraiser, and (2) the date(s) the fundraiser is conducted, with the duration not to exceed fourteen (14) days.
- Only healthy food and beverage options that meet the standards and nutrition guidelines for all foods and beverages provided, but not sold, to students during the school day, such as classroom parties, classroom snacks brought by parents, or other foods given as incentives, will follow the standards and nutrition guidelines, with two exemptions allowed from these standards per year, per classroom;
- Promote marketing that emphasizes only foods and beverages that meet Smart Snacks in School nutrition standards;
- Support the health and well-being of every employee along with programs and agencies that promote healthy lifestyles;
- Provide nutrition education to families and the community through parental communication, educational workshops, screening services, and health-related exhibitions/fairs. Child Nutrition will offer hands-on nutrition education classes and activities for K-12 students.

SCHOOL MEAL SERVICE THROUGH THE USDA NATIONAL LUNCH AND BREAKFAST PROGRAM

The district Child Nutrition Program will serve reimbursable meals that meet the USDA's (United States Department of Agriculture) current meal pattern requirements as well as follow the principles of the Dietary Guidelines for Americans. Meal programs include lunch, breakfast, fresh fruits and vegetables grants, summer food program, breakfast in the classroom (in Title I schools) and after-school snack programs. All meals will:

- Offer whole grains, fruits, and vegetables per USDA standards;
- Be accessible to all students, encouraging students to start each day with a healthy breakfast;
- Be appealing and attractive to students and staff of various ages and diverse backgrounds;
- Be served in clean and pleasant settings;
- Be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible, and to pursue partnerships with local/regional farms to facilitate a Farm-to-School program;
- Include the provision of safe, unflavored, cool drinking water throughout the school day at no cost to students and only allow low-fat or non-fat varieties of milk and 100% juice with no added caloric sweeteners; and
- Include foods high in whole grains with ample fruits and vegetables, as well as foods that are free of added trans-fat, low in added fats, sugars, and sodium, have age-appropriate caloric levels, and are served in appropriate portion sizes consistent with USDA standards.

PHYSICAL EDUCATION

The district recognizes the importance of physical activity and physical education in promoting health and academic achievement and student engagement. Physical activity is an important part of a student's comprehensive, well-rounded education program that will positively impact lifelong health and well-being. The district supports quality physical activity throughout the school day.

- Time spent participating in physical activities, per state law, will meet the requirements for accreditation by the Oklahoma State Board of Education. Students in all grades will be offered a range of physical activity choices, which may include competitive and non-competitive options. In addition, teachers and other school personnel at all grade levels may provide other opportunities to students by integrating physical activity into the academic curriculum;
- Students participating in physical education will be moderately to vigorously active for the majority of class time;
- The district provides proper and safe equipment and facilities to support physical education classes and other school-sponsored physical activities;
- Schools may choose to have a walk- or bike-to-school initiative, when appropriate. Parents will be encouraged to organize adult-supervised groups to facilitate safe walking and biking.
- Training for teachers on integrating physical activity into the curriculum may be provided as part of the professional development opportunities in the district.

MONITORING, POLICY REVIEW, AND EVALUATION

An assessment of the district's Wellness Policy will be completed at least once every three (3) years to help review policy compliance, assess progress, and determine areas of improvement. As part of that review, the district Wellness Policy Council, which includes teachers, administrators, students, parents, Child Nutrition personnel, and community members (such as medical professionals), will review nutrition and physical activity policies; review nutrition and physical education policies and program elements; and review environmental provisions that support healthy eating and physical activity. The School Policy and Practice Needs Assessment (PPT) will be a tool to assess the level of implementation of the policy and program elements. Results from this tool, as well as input from stakeholders, will be utilized to plan for future improvements. Results and information about the Wellness Policy and its implementation will be posted on the district web page to inform the public, and will also be communicated using other venues such as PTA meetings, Board of Education meetings, and Healthy and Fit School Advisory Committee meetings.

Oversight for the district Wellness Policy will be maintained by the Director of Child Nutrition and the District Wellness Policy Council.

HEALTHY AND FIT SCHOOL ADVISORY COMMITTEE

Each school shall establish a Healthy and Fit School Advisory Committee to be composed of at least six members. The Advisory Committee may be composed of teachers, administrators, parents of students, health care professionals and business community representatives who have the authority and responsibility to ensure each school site complies with this policy.

The Healthy and Fit School Advisory Committee may be combined with the Safe School Committee as determined by the site principal.

Adopted 7/13/06
Revised 3/9/15
Revised 1/18/16
Revised 11/14/16